Goa Vidyaprasarak Mandal's
Gopal Govind Poy Raiturcar College of Commerce and Economics
Accredited by NAAC at B++ Grade with CGPA of 2.99 (3rd cycle)
(ESTD.: June 1986)
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Date: 24/10/2026

STAFF NOTICE

Department of BCA and Staff Welfare Club is organising a session titled "**From Plate to Performance: The Role of Nutrition**" on Friday, 30th October 2026, at 12:30 p.m. in Room No. 9.

The session will include an awareness talk on Body Mass Index (BMI) and Body Composition, along with body composition analysis for the staff.

The session will be conducted by Shri. Kishor Dhaimodkar, Nutritionist & Dietician, Goa.

All B.C.A. Teaching Staff and Non-Teaching Staff are requested to attend the session.

Prof. Smita S. Sanzgiri
VICE - PRINCIPAL

Mrs. Betty D'Silva
In-charge, Staff Welfare Club

G.V.M.'s G.P.R. College of Commerce & Economics Ponda - Goa

sn/-